



# Sex Talk for Self-Advocates

## #3 Safe Sex Practices - Sexually Transmitted Infections (STIs)

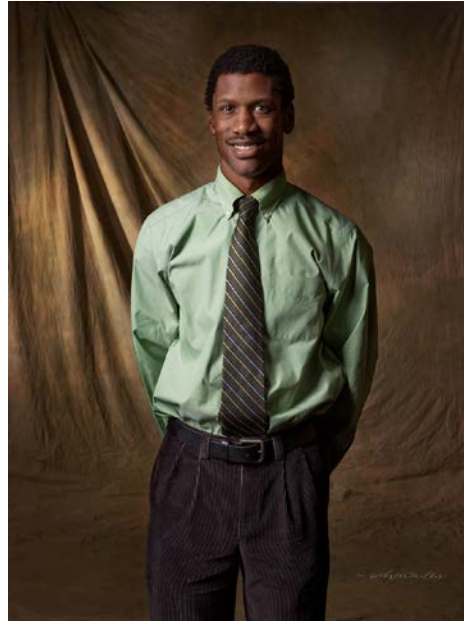


ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES

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# Self-Advocacy Educator - Max Barrows



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# Sex Educator - Katherine McLaughlin



**ELEVATUS TRAINING**

LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

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# Sex Educator - Erica Thomas



GEORGETOWN UNIVERSITY  
**Center for Child and  
Human Development**



## Setting the Stage

- Using person first language
- Using participants own words for questions
- Using medical terminology

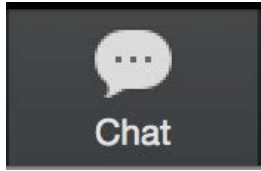


## Setting the Stage (Continued)

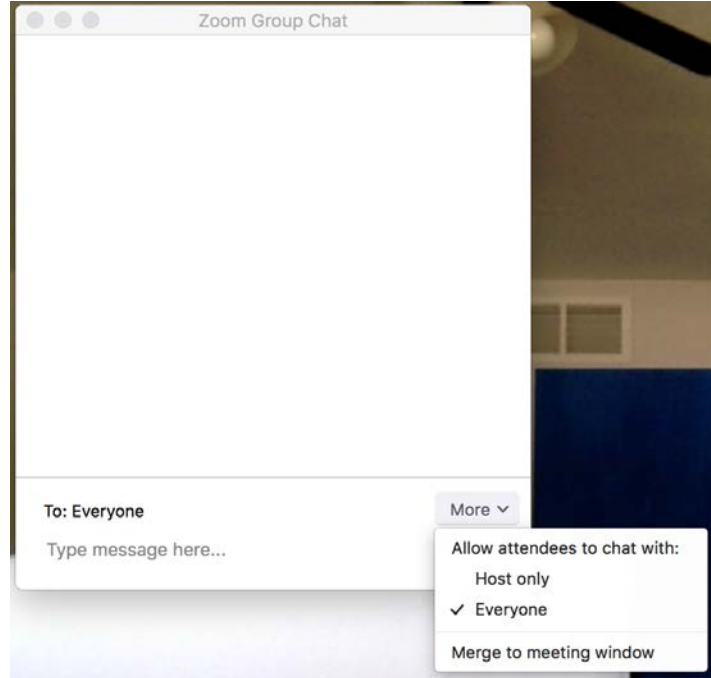
- Relationships and sexuality are very personal topics
- If you feel uncomfortable or are reminded of bad memories you can call the Crisis Call Center at (775) 784-8090

# Chat Box for Comments and Questions

Step  
1



Step  
2





## How the Webinar Will Work

- Questions from the Sex Talk Self-Advocate survey
- One educator will lead discussion and other will add to the discussion
- Time at end to answer questions



# What is Sexual Self Advocacy?

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**According to Green Mountain Self Advocates:**

"Speaking up for yourself, sexually"

"Getting information we can understand"

"Feeling good about yourself."

"Taking a stand"

"Feeling free to tell your partner what you want to do when having sex and what you don't want to do"

"Learning from your mistakes"



# What is Sexual Self Advocacy?

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- Being free about your sexuality like if you are gay, straight or lesbian.
- Knowing your rights and responsibilities when in a relationship.
- Not letting people use you, take advantage of you.
- Privacy is important - so, speak up for it.
- Knowing about birth control and safe sex.



# Recap of Previous Webinar: What is sex?

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There are many different types of sex:

Solo Sex-Self stimulation, masturbation

Rubbing sexual parts together or on other parts of the body

Manual, using your hands on sexual parts

Oral, using your mouth on sexual parts

Anal, inserting into the anus

Penis in vagina

Other sexual acts

# Recap of Previous Webinar



Where should I have sex?

Sex Toys, the different types and how to take care of the sex toys

Orgasm and sexual pleasure

Started to talk about safe sex...Today is about preventing sexually transmitted infections

# Sex Talk for Self-Advocates Series



Sex Talk for Self-Advocates #1 - Relationships

<http://bit.ly/SexTalkSeries1>

Sex Talk for Self-Advocates #2 - Sex and Intimacy

<http://bit.ly/SexTalkSeries2>

# “How do I have safe sex?”



Ways to have safer sex:

Get consent, Age of consent, Able to consent

Private place

Sexually Transmitted Infection Protection-Today's topic

Birth Control

Communication is key to pleasurable and safe sex

# STI's

*Sexually Transmitted Infections*

## “What is an STI?”

It stands for Sexually Transmitted Infection. They are caused by many different germs.

They are called sexually transmitted infections and diseases because you get them by having sexual contact with someone who already has one.

It can be hard to think about illness when you're feeling attracted to someone. But STIs are serious stuff, and you owe it to yourself to know the facts.

## “What is the difference between STD and STI?”

They are really the same thing

**So why do some doctors use the word “infection” instead of “disease”?**

Infection is used so that people aren't so afraid if they get one. Diseases sound scary.

- Many STDs often have no signs or symptoms. A person with a STD can give it to you even when they do not feel sick!
- Some can't be cured and some can.





## How can I get a STI?

You can get a STI when you have sexual contact with another person.

By sexual contact I mean putting your mouth, hands, or genitals on genitals or the sores of someone who is infected.



And also you don't even have to “go all the way”

There are a few STDs that are spread by skin-to-skin contact.

# “How does a sexual disease make you feel?”

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- Sometimes you might not feel anything
- If you feel or see something that is not normal, it may mean you have symptoms
- If you had sex with someone and parts of your body do not feel right, it is important to tell someone you trust
- Talk to your doctor as soon as possible; you may have a STI



A symptom of syphilis is a red, rash on the palms of the hands, soles of the feet and/or the torso

# “How does a sexual disease make you feel?”

- Discharge from the penis, vagina or anus
- Itching or burning in the anus or genitals
- Pain with sex
- Pain and/or burning when urinating
- Bumps or sores (can be painful and/or itchy)
- Anal pain or pain when having a bowel movement
- Vaginal odor
- Body aches
- Bleeding between periods
- Testicular pain
- Fever
- Headache
- Swollen lymph nodes
- Fatigue
- Abdominal pain



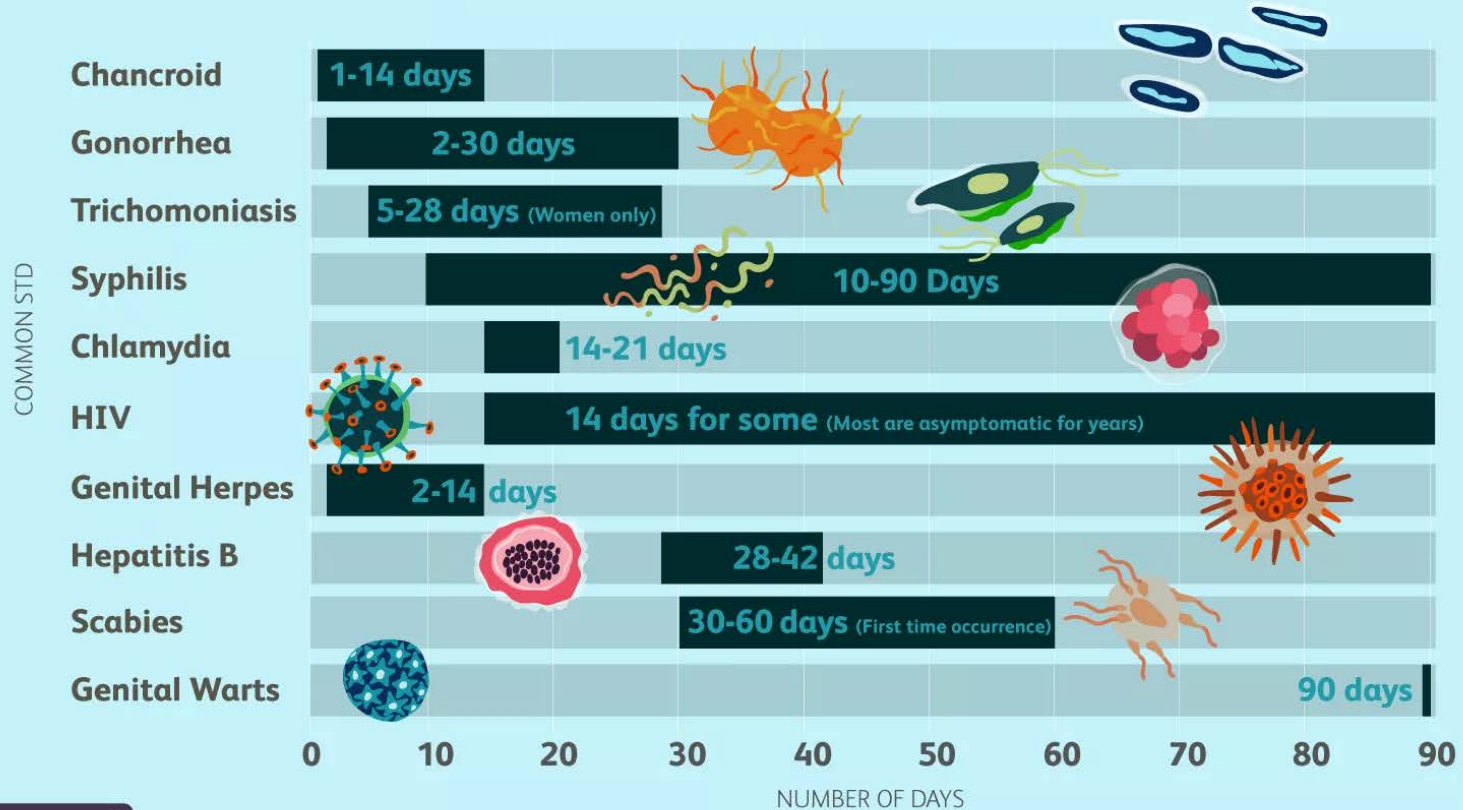
## Common STDs

STD	Organism Type					Transmission	
	Bacterial	Viral	Protozoa	Can be cured	Cannot be cured, but can be managed	Fluids	Skin to Skin
Chlamydia	X			X		X	
Gonorrhea	X			X		X	
Syphilis	X			X			X
Trichomoniasis			X	X		X	
HSV (herpes simplex virus)		X			X		X
HPV (Human Papilloma Virus)		X			X		X

## Symptoms and Long-Term Effects

STD	Symptom				Long term effects / complications
	Discharge	Painful skin lesions	Painless skin lesions	May have no clear symptoms	
					Without treatment, STD can lead to:
Chlamydia	X			X	Pelvic Inflammatory Disease (PID), which can lead to infertility, scarring, chronic pain
Gonorrhea	X			X	PID
Syphilis			X		Paralysis, personality changes, blindness, damage to joints, etc.
Trichomoniasis	X			X	Mild to severe inflammation
HSV		X			Recurring symptoms possible
HPV			X	X	Some types of HPV produce genital warts; may lead to cervical or other cancers

# How Long Before Common STD Symptoms Appear?



# “What do you do if you get a STD?”

If you think you have a STD:

- Talk to someone you trust
- Go see your doctor or go to a clinic for testing
- You will have to get a STD test - blood test, urine test and/or fluid sample
- If you have a STD, you must tell your partner
- Take all of your medication
- Do not have sex until you have taken all of your medication
- If you still have symptoms, talk to your doctor



# “What do you do if you get a STD?”

Before your appointment with your doctor:

- Write down any symptoms you're experiencing
- Make a list of all medications you are taking
- Write down questions to ask your doctor (questions may include:)
  - What is the name of the infection or infections I have?
  - How is it transmitted?
  - Can I catch it again?
  - I have other health conditions. How can I manage them together?
  - Should I abstain from sexual activity while being treated?
  - Does my partner have to go to a doctor to be treated?



# “What do you do if you get a STD?”

Be prepared - your doctor may ask you some of the following questions:

- How long have you had these symptoms?
- Are you sexually active with men, women or both?
- Do you currently have one sex partner or more than one?
- How long have you been with your current partner or partners?
- Have you ever injected yourself with drugs?
- Have you ever had sex with someone who has injected drugs?
- What do you do to protect yourself from STIs?
- How many sex partners have you had in the past year?
- How many people have you had sex with in the past two months?
- When was your most recent sexual encounter?





# “What are the medications for sexual diseases ?”

If you are told you have a **STD**, your doctor will prescribe one of the following treatments:

**Antibiotics** - can cure many sexually transmitted bacterial and parasitic infections, including gonorrhea, syphilis, chlamydia and trichomoniasis

- When you start antibiotic treatment, you must take all of the medication as prescribed
- No sex until you are done with the treatment and sores



# “What are the medications for sexual diseases ?”

**Antiviral drugs** - can relieve the symptoms but not eliminate the virus, including HIV and herpes

- Can keep HIV infection in check for many years
- Fewer herpes recurrences
- Antiviral drugs lessen the risk of infection, but it's still possible to give your partner HIV or herpes
- You will always have the virus and it can be transmitted

**The sooner you start treatment, the more effective it is**

# “What are the medications for sexual diseases ?”

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Vaccines: According to the CDC, a vaccine is a product that stimulates a person's immune system to produce immunity to a specific disease, protecting the person from that disease. Vaccines are usually administered through needle injections, but can also be administered by mouth or sprayed into the nose.

There are vaccines available for the following STDs:

Hepatitis B

Hepatitis A

HPV (Human Papillomavirus Virus)

Vaccines will protect you from the STDs above

Each one is given by a shot in the arm

If you get a vaccine, your arm might be sore for a few days



# “What are the medications for sexual diseases ?”

Pre-exposure prophylaxis (or PrEP)

People who are HIV negative, but at very high risk for HIV can take HIV medicines daily to lower their chances of getting infected

Using PrEP daily reduces the risk of getting HIV from sex by more than 90%

Using condoms and taking PrEP can lower your risk even more

It must be taken daily

If a daily dose is missed, the level of HIV protection may decrease





## How do you ask your partner if they have a STD?

1. Do your homework. Get some information.  
Know what you are talking about.
2. Ask before you have sex. Do not wait until the  
“heat of the moment”
3. Keep it positive. Try not to judge or use hurtful words. Say  
you heard many people have STDs and you want the two  
of to be healthy.
4. You may want to suggest you get tested together.



## How do you ask your partner if they have a STD?

### Talking About STDs Can Be Difficult, But it Doesn't Have to Be

- Start by saying, “This topic is difficult to say, but I care about us keeping healthy.”
- “So, I want to talk about STDs. Do you know what that is?”
- Ask questions like: “Have you been tested for STDs recently?”  
“I have to ask, do you have any STDs?”
- Do this in your own words. Just make sure you are calm and make it as comfortable as possible.

# Telling your partner you have a STD ?

- 1. Get tested**
- 2. Get the facts**
- 3. Definitely talk to them before you have sex**
- 4. Decide if you want to tell them in person or another way**
- 5. Figure out what you will say. Maybe practice with a friend**
- 6. Begin by telling them how much being safe and healthy is important to you**
- 7. Think about what they might say and how you will respond**
- 8. Be proud, you did it!**



# “How to protect myself when I am female and my partner is female?”

- There is a myth that when two people with female sexual parts are sexual,
- there is no risk of getting an STI.
- **The truth is that there is still a risk. Usually less of a risk, but still a risk.**
- STIs can be passed through skin to skin contact, vaginal fluids and menstrual blood, and sharing of sex toys.
- To avoid or reduce your risk of getting an STI, you can do lots of things.
- These are things that many people use, not just two people with female sexual parts.





# “How to protect myself when I am female and my partner is female?”

- Oral sex: Use a dental dam to create a barrier between the mouth and vulva
- Rubbing vulvas together: Use a dental dam to create a barrier between the skin
- Manual sex: wash your hands before and after, you can even use latex gloves to create barrier. Also, female condoms could be used to cover the skin of the vulva and vagina
- Sex toy use: wash before and after use. If sharing toy (condom) use a condom over the toy.



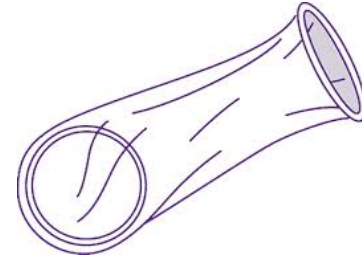
# “How to avoid diseases?”



- STIs are passed through oral, anal, vaginal sex, and rubbing sexual parts together.
- These acts can transmit infections through the passing fluids (semen and vaginal fluids) between each person, from skin to skin contact, and through blood.
- You can't get an STI just by being sexual or having sex. One person has to be infected with an STI and then, passes it on to you. Just like two people with can't get a cold from someone unless they have a cold.
- Getting tested regularly is part of staying healthy. Sometimes a partner has an STI and doesn't
- Know it. Knowing whether you have one or not is really important. Once a year or when you have a new partner.

# “How to avoid diseases?”

- Use a condom for anal and vaginal sex: Keeps fluids away and reduces skin to skin contact.
- Oral sex on a vulva: Use a dental dam to create a barrier between the mouth and vulva.
- Oral sex on a penis: Use a flavored condom to create a barrier between the mouth and penis.
- Rubbing sexual parts together: Use a dental dam or condom to create a barrier between the skin and fluids.
- Manual sex: Wash your hands before and after, you can even use latex gloves to create barrier.
- Sex toy use: wash before and after use. If sharing toys, you may want to use a condom to cover the toy.
- Viruses-there is medicine you can take to reduce passing your virus on to your partner and a partner can take.



# Questions and Answers



Questions related to today's topics

# Resource List



Mayo Clinic - <https://www.mayoclinic.org/diseases-conditions/sexually-transmitted-diseases-stds/in-depth/std-symptoms/art-20047081>

PrEP (CDC Website) - <https://www.cdc.gov/hiv/basics/prep.html>

## Next Webinar



What: Sex Talk for Self-Advocates #4 - Relationship Experiences

When: February 13, 2018

How to sign up: Registration email will be sent to attendees